

Gastrointestinal Symptom Rating Scale-IBS

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An abbreviated version of this protocol was published in JMIR mHealth and uHealth in May 2021

Efficacy of Zemedly, a Mobile Digital Therapeutic for the Self-management of Irritable Bowel Syndrome: Crossover Randomized Controlled Trial

DOI: 10.2196/26152

Detailed protocol

Gastrointestinal Symptom Rating Scale (GSRS) Wiklund, I. K., Fullerton, S., Hawkey, C. J., Jones, R. H., Longstreth, G. F., Mayer, E. A., et al. (2003). An irritable bowel syndrome specific symptom questionnaire: Development and validation. Scandinavian Journal of Gastroenterology, 38(9), 947–954.

Please rate your degree of discomfort with each of the following symptoms over the last week.

I	Not at all	Minor	Mild	Moderate	Somewhat Severe	Severe	Very Severe
1. Have you been bothered by abdominal pain during the past week?	0	1	2	3	4	5	6
2. Have you been bothered by pain or discomfort in your abdomen, relieved by a bowel action during the past week?	0	1	2	3	4	5	6
3. Have you been bothered by a feeling of bloating during the past week?	0	1	2	3	4	5	6
4. Have you been bothered by passing gas during the past week?	0	1	2	3	4	5	6
5. Have you been bothered by constipation (problems emptying the bowel) during the past week?	0	1	2	3	4	5	6
6. Have you been bothered by diarrhea (frequent bowel movements) during the past week?	0	1	2	3	4	5	6
7. Have you been bothered by loose bowel movements during the past week?	0	1	2	3	4	5	6
8. Have you been bothered by hard stools during the past week?	0	1	2	3	4	5	6
9. Have you been bothered by an urgent need to have a bowel movement (need to go to the toilet urgently to empty the bowel) during the past week?	0	1	2	3	4	5	6
10. Have you been bothered by a feeling that your bowel was not completely emptied after having a bowel movement during the past week?	0	1	2	3	4	5	6
11. Have you been bothered by feeling full shortly after you have started a meal during the past week?	0	1	2	3	4	5	6
12. Have you been bothered by feeling full even long after you have stopped eating during the past week?	0	1	2	3	4	5	6
13. Have you been bothered by visible swelling of your abdomen during the past week?	0	1	2	3	4	5	6

To score the GSRS, just add up the numbers you circled.
20-39 Severe: 40-78

My Score _____

Mild: 0-20 Moderate:

How to cite: (Readers should cite both the Bio-protocol preprint and the original research article where this protocol was used)

1. Hunt, M. G.(2023). Gastrointestinal Symptom Rating Scale-IBS. Bio-protocol Preprint. bio-protocol.org/prep2104.

2. Hunt, M., Míguez, S., Dukas, B., Onwude, O. and White, S.(2021). Efficacy of Zemedly, a Mobile Digital Therapeutic for the Self-management of Irritable Bowel Syndrome: Crossover Randomized Controlled Trial. JMIR mHealth and uHealth 9(5). DOI: [10.2196/26152](https://doi.org/10.2196/26152)

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